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TITLE You Can Help Prevent Alcohol and Other Drug Use among Secondary School Students. The Fact Is...

INSTITUTION Alcohol, Drug Abuse, and Mental Health Administration (DHHS/PHS), Rockville, MD. Office for Substance Abuse Prevention.

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ABSTRACT

This resource list on preventing alcohol and other drug use among secondary school students was compiled by the Office for Substance Abuse Prevention (OSAP). All resources have been reviewed to ensure that they reflect the latest scientific facts and convey a clear no-use message. The list is divided into three major sections: (1) resources for secondary school students; (2) resources for parents, secondary school teachers, and administrators; and (3) organizations and programs. The first section contains two subdivisions: (1) publications; and (2) posters and other materials. The second section groups resources under three subheadings: (1) materials for classroom/group activities; (2) assessment materials; and (3) general information materials. The third section provides brief descriptions of various organizations and programs involved in preventing and stopping alcohol and other drug use among young people. Most of the materials included in this resource list are free of charge. (LLL)

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Office for Substance Abuse Prevention

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THE FACT IS...

February 1989

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You Can Help Prevent Alcohol and Other Drug Use Among Secondary School Students

Students have never been more aware of how alcohol and other drugs threaten their well-being and future. Throughout the country, real-life stories and statistics are accumulating, pointing to the success of prevention efforts.

The 13th National High School Senior Drug Abuse Survey, released in January 1988, for the first time showed a significant drop in the use of cocaine among those still in school and indicated that daily use of marijuana reached the lowest levels ever among these students. Abuse of stimulants and sedatives also continued to decline during the past year among high school seniors.

Dr. Elaine M. Johnson, Director of OSAP, attributes these successes to the teamwork of many people across the country. "Until we had solid information on prevention and intervention strategies, parents and teachers were handicapped and frustrated, and young people were easy prey." But now that we are learning what works, "the prevention message is spreading and drug-free is becoming a way of life."

The good news is that prevention efforts are paying off. Education about the risks involved in illicit drug use, including alcohol use by underage youth, appears to be a key factor in preventing use among secondary school students. Awareness of the risks associated with cocaine use and other strategies, such as learning refusal skills and involvement in alternative activities, may account for some of the positive changes in personal attitudes and peer norms.

However, the High School Senior Survey also showed that alcohol use hasn't decreased during the past 3 years. Nor is there cause for complacency when viewing the survey's preliminary data that suggest no decline in the use of LSD, inhalants, heroin, or opiates other than heroin. Much remains to be done.

This resource list was compiled to help junior and senior high school students and the adults who assist them in maintaining alcohol- and drug-free schools and lives. All resources have been reviewed by OSAP to ensure that they reflect the latest scientific facts and convey a clear nonuse message. The list is divided into three major sections:

- Resources for secondary school students;
- Resources for parents, secondary school teachers, and administrators; and
- Organizations and programs.

The first section contains two subdivisions--publications and posters and other materials. The

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National Clearinghouse for Alcohol and Drug Information
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U.S. Department of Health and Human Services Public Health Service Alcohol, Drug Abuse, and Mental Health Administration

second section groups resources under three subheadings--materials for classroom/group activities, assessment materials, and general information materials. In the third section are brief statements about various organizations and programs involved in preventing and stopping alcohol and other drug use among young people. There is no charge for materials in this list unless otherwise indicated.

For more information on preventing alcohol and other drug problems, contact the National Clearinghouse for Alcohol and Drug Information (NCADI) at P.O. Box 2345, Rockville, MD 20852, or call NCADI at (301) 468-2600. Your comments and recommendations for additional materials to be included in future updates of this publication are requested. Please forward comments or the appropriate citation to NCADI, ATTN: Resource Materials.

Resources For Secondary School Students

Publications

About Teens and Drugs. A 15-page scriptographic booklet providing an overview of the dangers of drug use and healthy alternative activities. Tells teens how to recognize if a friend is using drugs, ways to help, and sources of help in the community. Targets senior high students. 1987.

Availability: Channing L. Bete Co. South Deerfield, MA 01373 (413) 665-7611

Alcohol Problems and Youth: Reading List. This three-page list includes publications with annotations to aid the preteen and teenage reader. 1986.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Arrive Alive: How To Keep Drunk and Pot-High Drivers Off the Highway, by Peggy Mann. Part One of this book sets forth the death and injury statistics related to driving drunk, "pot-high," or both. Part Two sets forth solutions that have been proved successful and can be adopted or adapted for use in any community. 1985.

Availability: Woodmere Press P.O. Box 20190 Cathedral Finance Station New York, NY 10025 (212) 678-7839 (Single copy $7.95 plus $1.90 shipping and handling; bulk discounts available)

Chew or Snuff Is Real Bad Stuff. This eight-page pamphlet describes the hazards of using smokeless tobacco. Cancer and other mouth problems are discussed as well as tobacco addiction, heart effects, and blood pressure changes. The pamphlet opens out to a small poster. A teacher's guide with lesson plans is also available.

Availability: National Cancer Institute U.S. Department of Health and Human Services Building 31, Room 10A24 Bethesda, MD 20892 1-800-4-CANCER

and/or

The American Academy of Otolaryngology Head and Neck Surgery 1101 Vermont Avenue, NW Suite 302 Washington, DC 20005 (202) 289-4607

Christy's Chance, by Christine DeVault and Bryan Strong. An interactive story geared to younger teens that allows the reader to make a nonuse decision about marijuana at critical points in the book. The reader turns to a different page to experience the outcome of each decision, which clearly points to nonuse as the only possible choice. Designed for use with Teacher's Guide listed under "Materials for Class/Group Use," but also can be used independently. Also available: Danny's Dilemma (tobacco). 1987.

Availability: Network Publications P.O. Box 1830 Santa Cruz, CA 95061-1830 (408) 438-4060 (Single copy, $3.95; bulk prices available)

Different Like Me: A Book for Teens Who Worry About Their Parents' Use of Alcohol/Drugs. This 110-page book provides support and information for teens who are con-

cerned, confused, scared, and angry because their parents abuse alcohol and other drugs. On each facing page, a teenager describes the family situation causing pain in his or her life. Encourages teens to practice detachment and to seek help for themselves. 1987.

Availability: Johnson Institute 7151 Metro Boulevard Minneapolis, MN 55435 (612) 944-0511 (Single copy, $6.95)

Don't Lose a Friend to Drugs. Brochure offering practical advice to teenagers on how to say "no" to drugs, how to help a friend who uses drugs, and how to initiate community prevention efforts. 1986.

Availability: National Crime Prevention Council The Woodward Building 733 15th Street, NW Washington, DC 20005 (202) 393-7141

How Much Do You Really Know About Marijuana? A brochure that answers 12 common questions about the effects of marijuana. Revised 1987.

Availability: Woodmere Press P.O. Box 1590 Cathedral Station New York, NY 10025 (212) 678-7839 (Single copy, $1; 100 copies, $10)

If Your Parents Drink Too Much. This 28-page comic book describes the home life of three teenagers living with alcoholic parents. Guides the teens to Alateen and the nonalcoholic parent to Al-Anon. Targets youth ages 6-18.

Availability: Al-Anon Family Group Headquarters, Inc. P.O. Box 862, Midtown Station New York, NY 10018-0862 (212) 683-1771

LISTEN Magazine. A monthly journal of better living that offers an educational approach to the problems of tobacco, alcohol, and other drug use. Contains articles, stories, puzzles, poems, and a regular column ("Ask a Friend") in a four-color, glossy format. Targets grades 7-12. 1986-ongoing.

Availability: LISTEN Magazine 6830 Laurel Street, NW Washington, DC 20012-9979 (800) 548-8700 (9-month single rate, $10; 12-month single rate, $12.95; special club/ classroom rate for 2-9 persons, $8.50 each; for 10 or more persons, $7.95 each; monthly teaching guides, $1.65 each)

Luann. Comic book based on the nationally syndicated strip focuses on peer acceptance issues related to drug use by teens. Luann's friend Bernice unsuspectingly allows a new boy in school to stash drugs in her locker. While maintaining a humorous tone, this book conveys clear messages on dangers of drug use. Foreword by First Lady Nancy Reagan. 1987.

Availability: Public Relations Department King Features 235 East 45th Street New York, NY 10017 (800) 223-7383 (1-25 copies, $1 each; 26-100 copies, 80 cents each; 101-500 copies, 70 cents each; 501+ copies, 50 cents each plus a handling fee)

Marijuana Alert, by Peggy Mann. A comprehensive guide to the marijuana problem and what is being done about it. Describes the extent of marijuana use in the United States and the physical and psychological consequences of using the drug. Geared to grades 9-12. 526 pp. 1985.

Availability: McGraw-Hill Book Company Department PL, 35th Floor 1221 Avenue of the Americas New York, NY 10020 (212) 337-5995 ($10.95 each, plus $1.90 shipping and handling; discounts for quantity orders)

Marijuana: How Much of a Gamble? by W.R. Spence, M.D. A 15-page booklet designed to correct misinformation about marijuana. Portrays effects on body parts and functions and provides clues for identifying the marijuana user. 1987.

Availability: Health EDCO, Inc. Waco, TX 76702 (800) 433-2677 (1-49 copies, $1.10 each; 50-99 copies, 90 cents; 100-499 copies, 75 cents; 500-999 copies, 65 cents; 1,000-4,000 copies, 55 cents; 5,000+ copies, 45 cents)

Pot Safari. A Visit to the Top Marijuana Researchers in the U.S., by Peggy Mann. Based on interviews with distinguished research scientists, this book explores the medical and emotional hazards of marijuana. Presents portraits of the researchers, their findings, and their concerns. Revised 1987.

Availability: Woodmere Press P.O. Box 1590 Cathedral Station New York, NY 10025 (212) 678-7839 (Single copies $6.95 plus $1.50 shipping and handling; discounts for orders of 5 or more)

Project Graduation: A New Tradition. A 32-page booklet for high school seniors that provides information and statistics on alcohol and other drug use and describes the chemical-free graduation activities of 134 schools in the State of Maine. 1987.

Availability: Department of Educational and Cultural Services Bureau of Instruction Division of Alcohol and Drug Education Services Stevens School Complex, Station 57 Augusta, ME 04333 (207) 289-3876

Project Graduation: Join the Celebration. Students' manual for organizing alcohol- and drug-free graduation parties. Takes graduation party planners from early planning stages through actual after-party cleanup and lends itself to use by students, parents, and school personnel to plan other activities throughout the year. 1987.

Availability: National Highway Traffic Administration U.S. Department of Transportation 400 Seventh Street, SW, NTS-01 Washington, DC 20590 (202) 366-2679

Think You Don't Have to Drink. A 12-page pamphlet in Q&A format giving facts about alcohol and reasons why it's smart to say "no." Targets older teens. 1986.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Toughlove: A Self-Help Manual for Kids. This 134-page, easy-to-read, straightfoward book is designed for teenagers who are in trouble with their lives, particularly through alcohol and other drug use. This book provides a structure for stopping their anti-social and self-destructive behavior and for making positive life changes. Encourages troubled youth to join or start a Toughlove support group for teenagers. Other manuals and workbooks are available for parents, youth, and communities. Revised 1987.

Availability: Toughlove P.O. Box 1069 Doylestown, PA 18901 (215) 348-7090 (Single copy, $9.50; 10 copies or more $7.50 each)

Tough To Be Free. Comic book portraying dangers of either accidentally or intentionally breathing chemical fumes also shows ways to resist pressures to "sniff." That "real friends try to help you out of trouble, not get you into it" is demonstrated by the experiences of three young persons. 1987.

Availability: Solvent Abuse Foundation for Education 1500 Rhode Island Avenue, NW Washington, DC 20005 (202) 332-7233 or Custom Comic Services P.O. Box 50028 Austin, TX 76763 (Single copy, 25 cents; bulk discounts available)

Wasted: A True Story. This is a dramatic case history that demonstrates how substance abuse affects not only the user but the whole family as well. Combines vivid information and candid interviews with 15-year old Tim and his sister Christy. (VHS or 16mm film)

Availability: American Council for Drug Education 204 Monroe Street Rockville, MD 20850 (301) 294-0600

What Can You Do To Help a Friend? This simple fold-open brochure offers practical suggestions to young people about how to help a friend who lives in an alcoholic home. Provides concrete ideas for dealing sensitively with the friend's situation and for doing things that will be genuinely helpful.

Availability: Children of Alcoholics Foundation, Inc. 540 Madison Avenue New York, New York 10022 (212) 980-5394 (Available free)

When Cocaine Affects Someone You Love. A 12-page booklet with answers to the most frequently asked questions about cocaine and its newest form--crack. This publication also provides a list of selected readings, self-help groups, and other sources of help. 1987.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

When Your Parent Drinks Too Much. Reprinted from Seventeen. Provides coping strategies for young people whose parent(s) have problems with alcohol. 1985.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Why Eddie Murphy Won't Do Drugs. One-page reprint from Parade Magazine. Discusses his view of drugs as an obstacle to life, from childhood to adulthood. 1985.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Young People and A.A. This 40-page brochure is designed to introduce Alcoholics Anonymous (A.A.) to young people who have a drinking problem. It contains a drinking quiz with true/false questions about alcoholism in young people, stories of 10 young A.A. members from different backgrounds, and a description of how A.A. works. Encourages young people to find help and support through A.A. groups. 1979.

Availability: Alcoholics Anonymous Box 459, Grand Central Station New York, N.Y. 10163 (212) 686-1100 (1-249 copies, 20 cents each; 250-999 copies, 18 cents each less 22 percent; 1,000 copies or more, 16 cents each less 22 percent)

Youth and the Alcoholic Parent. A 14-page brochure describing how young people can get help if the drinking of someone close is bothering them. Answers questions most frequently asked by teenagers, and refers youth to Alateen. 1985.

Availability: Al-Anon Family Group Headquarters, Inc. P.O. Box 862, Midtown Station New York, NY 210018-0862 (212) 683-1771

Posters and Other Materials

Crack Shatters Lives. A two-sided poster developed by the Department of Education. One side carries a photo of a group of high school students, with cracked windshield overlay. Other side lists effects and dangers of crack and sources of help. 1987.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

"Drugs: A Deadly Game" poster and stickers. Full-color 24"x36" poster printed on one side with body chart showing shortand long-term effects of alcohol and other drugs and the opposite side has information on the fight against drug abuse; and set of 24 stickers with the "Drugs: A Deadly Game" message. May be ordered separately from materials listed as resources for parents and teachers. 1987.

Availability: Drug Abuse Task Force S200 Boy Scouts of America 1325 Walnut Hill Lane Irving, TX 75038-3096 (214) 580-2000 (24 stickers, $3; 1 metal edged poster, $7; 1 unmounted poster, $5; rates adjusted downward for orders of 25 and 100 posters)

Live the Dream, Say No to Alcohol and Drug Abuse. Poster features photo and message of Dr. Martin Luther King, Jr. Targets Black youth, but suitable for all youth and adult audiences. 1986.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

School Book Jacket. "Say no to drugs and alcohol. . . say yes to life" is the message of this red, white, and blue school book cover that fits texts 7" to 11" in height. Alcohol, pills, pot, shooting, and drinking and driving are separately depicted with the international symbol for "forbidden," and the "Say no" message is repeated throughout. 1987.

Availability: Fashion Facts 339 Haverhill Street Lawrence, MA 01840 (617) 682-2710 (25 cents each)

School's Tough Enough. Poster encourages teenagers not to drink alcohol or use other drugs. Targets Black youth, but suitable for all teenage audiences. 1985.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Skaters Only. This is a skateboarding competition board game for players aged six through adult. Two to six players may compete at a time. Players face the realities of the actual problems,

costs, and events real pro skaters encounter. Through a series of seven events, each player earns points, brand name sponsors and collects "pro dough" awards. The quest of each competitor is to become the "skaters only top pro" by collecting the most points, pro dough, and brand name sponsors.

Availability: Innovations International P.O. Box 47816 Phoenix, AZ 85068 (602) 997-9965 (One game $19.95, orders of 12 or more $12.67 each)

Steroids Mean Trouble. A two-sided poster developed by the U.S. Department of Education. One side shows serial photos of a football player falling from an upright stance. The other side carries information on the effects and dangers of these compounds. Discourages steroid use by athletes and body-builders. 1988.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Truth For Youth. Set of 17 1/2" x 23" full-color posters. Features prominent athletes in action sports shots, making statements that alcohol and other drugs do not contribute to good performance in sports or life. Targets ages 10-18.

Availability: Truth for Youth on Substance Abuse P.O. Box 60934 Passadena, CA 91106 (818) 792-1415 (Set, $8.95)

Resources For Parents, Secondary School Teachers, And Administrators

Materials for Class/Group Use

Al-Anon Speaks For Itself. In this 15-minute film, members share experiences about the impact of living with an alcoholic and how Al-Anon or Alateen helped improve their lives.

Availability: Al-Anon Family Group Headquarters, Inc. P.O. Box 862, Midtown Station New York, NY 10018-0862 (212) 683-1771 (1/2" VHS or Beta, $25; 3/4", $50; 16-mm film, $125)

Alcohol and Youth: Fact Sheet. Contains answers to the most frequently asked questions about alcohol use by young people and information on the efficacy of present prevention efforts to defer use. 5 pp. 1987.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

The Challenge. Bi-monthly newsletter of the Department of Education's drug-free schools and communities initiative. Highlights successful programs, provides the latest research on effective prevention measures, and answers questions about school-based efforts. 1986.

Availability: Drug Abuse Prevention Oversight Staff Office of the Secretary U.S. Department of Education 400 Maryland Avenue, SW Room 4145, MS6411 Washington, DC 20202 (202) 732-3030

Cocaine: Athletes Speak Out. This 36-minute VHS video makes the point that cocaine doesn't overcome off-the-field boredom, that even occasional use of the drug isn't safe, and that users don't control coke--it controls them. Interviews with coaches, counselors, physicians, professional athletes, and drug abusers present the medical and legal hazards of cocaine use and strategies for saying "no." Targets student athletes 12- to 18-years old. Includes 20-page Facilitator's Guide. 1987.

Availability: Encyclopedia Britannica Educational Corporation 425 N. Michigan Avenue Chicago, IL 60611 (800) 621-3900 (Cost: $189)

Choices and Consequences: How to Intervene with Adolescents Who Use Alcohol/Drugs. This 35-minute video dramatizes a process of intervention with teenagers in trouble who are using chemicals and may be chemically dependent. The process involves cooperation between the courts, schools, and parents based on in-school group sessions. Teenagers agree to certain commitments and, if these are not kept, the consequences escalate by stages until inpatient treatment for chemical dependency is reached. The Johnson Institute offers a two-day training program for professionals on using this multi-dimensional intervention process. This video is

designed to introduce the concept to concerned parents, professionals, and the general public.

Availability: Johnson Institute 7151 Metro Boulevard Minneapolis, MN 55435-3425 (612) 944-0511 (1/2" video or 3/4" video, $495.00 or preview cost of $90.00 that can be applied for 30 days toward purchase cost; also available in 16 mm film for $525.00)

Directory of National Resources for Children of Alcoholics. Inventory of 259 programs in 34 States and the Virgin Islands. 158 pp. 1986.

Availability: Children of Alcoholics Foundation, Inc. 200 Park Avenue 31st Floor New York, NY 10166 (212) 351-2680 (Cost: $20)

Drug Problems in Sports. This 24-minute video explains that solving a drug problem requires an understanding of the athlete and his or her goals. Targets coaches. 1987.

Availability: Encyclopedia Britannica Educational Corporation 425 N. Michigan Avenue Chicago, IL 60611 (800) 621-3900 (Cost: $69)

"Drugs: A Deadly Game" teacher's guide, booklet, and video package. Booklet reprinted from Boys' Life magazine contains personal histories and remarks by five prominent young sports personalities, facts about alcohol and other drug abuse, and comic strip demonstrating ways to counteract peer pressure and provide parental support. Sixteen-minute video features sports figures and other personalities saying "no" to drugs. 1987.

Availability: Drug Abuse Task Force S200 Boy Scouts of America 1325 Walnut Hill Lane Irving, TX 75038-3096 (214) 580-2000 (VHS cassette, $16; 5 teachers' guides and 100 booklets, $16)

Facts About Teenagers and Drug Use. One-page fact sheet contains data from three NIDA surveys. Shows decline in use of many illicit drugs, but also that serious problems remain. Revised 1988.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Growing Up In the Shadow. In these 254 pages, 21 national authorities address four aspects of growing up in an alcoholic family: 1) the family, 2) the impact of parental alcoholism on children, 3) adolescents' difficulties in establishing a consistent identity, and 4) adult children of alcoholics. Contains information on juvenile justice and chapters on Hispanic, Black, and Native American ACoAs. 1986.

Availability: Health Communications, Inc. 1721 Blount Road, Suite 1 Pompano Beach, FL 33069 (305) 979-6776 (Cost: $9.95)

A Guide to Make Young People Aware of the Dangers of Using Smokeless Tobacco. A teacher's guide for conducting classroom activities alerting students to the problems of addiction and dangers of cancer that can occur when using smokeless tobacco--such as chew or snuff. The cover of the guidebook can be used as a poster. A student's information pamphlet is also available. The teacher's guide lists resources for obtaining more information about smokeless tobacco.

Availability: National Cancer Institute Building 31, Room 10A24 Bethesda, MD 20892 1-800-4-CANCER

and/or

American Academy of Otolaryngology Head and Neck Surgery 1101 Vermont Avenue, NW Suite 302 Washington, DC 20005 (202) 289-4607

The Hazards of Drugged Driving. Video-based drug education course for young drivers. Two 15-minute sessions on dangers of drugged driving available in formats for both community and school presentation. Includes teacher's manual. 1986.

Availability: Melear Multi-Media, Inc. 1344 Johnson Ferry Road Suite 14 Marietta, GA 30068 (404) 971-5665 ($225; discounts or donation programs available in some States)

The Health Connection Catalog. A 32-page catalog of audiovisual materials, publications, kits, teaching aids, shows, and more on topics such as alcohol, tobacco, other drugs, and health. 1988.

Availability: Narcotics Education, Inc. 6830 Laurel Street, NW Washington, DC 20012-9979 (800) 548-8700

High School Senior Drug Use: 1975-1987. Four-page fact sheet shows prevalence and use patterns for alcohol, cigarettes, and various categories of drugs. Revised 1988.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Insights: What Every Parent Needs to Know About Alcohol and Other Drugs. This is a factual, easy-to-read booklet for parents. It highlights why kids use drugs, preventive measures, red flags, enabling and communication.

Availability: Alaska Council on Prevention of Alcohol and Drug Abuse, Inc. 7521 Old Seward Hwy., Suite B Anchorage, Alaska 99518 (907) 349-6602 Marijuana Alert: Slides from Scientists. A 40-minute slide show for parents, teachers, and students that focuses on the destructive effects of marijuana on the brain, reproductive system, lungs, white blood cells, chromosomes, and other body components. Written script permits presenter to adjust language to various audiences. 1987.

Marijuana Alert: Slides from Scientists. A 40-minute slide show for parents, teachers, and students that focuses on the destructive effects of marijuana on the brain, reproductive system, lungs, white blood cells, chromosomes, and other body components. Written script permits presenter to adjust language to various audiences. 1987.

Availability: Woodmere Press Cathedral Station P.O. Box 20190 New York, NY 10025 (212) 678-7839 ($37.95 plus $1.90 shipping and handling)

Never Too Early, Never Too Late. Adolescence can be a confusing time for both parents and children. This booklet was designed to help parents understand why youth beome involved with drugs and steps parents can take to effectively prevent and/or identify drug use by their children.

Availability: Hazelden Box 176 Center City, MN 55012 (800) 328-9000---continental U.S. (612) 464-8844---Metro Twin Cities (612) 257-4010---MN, outside cont. U.S.

No Matter How You Say It, Say No. This 11-minute video is a roundtable discussion with several teenagers, led by Isiah Thomas. Discusses the pressures to take drugs, and offers solutions to the temptations. Targets junior high students and educators. 1987.

Availability: EVKO Productions 700 North Fairfax Street Alexandria, VA 22314 (703) 683-3856 VHS video, $20 and 3/4" video $35.

On TARGET. Eight-page prevention publication of the National Federation of State High School Associations, designed to help schools educate students about alcohol and other drugs. Published monthly during the school year. Contains feature articles from constituents and resource lists. May 1987-ongoing.

Availability: National Federation TARGET Program, Inc. P.O. Box 20626 Kansas City, MO 64195 (816) 464-5400 (800) 366-6667 (Mailed free to all high schools; individual subscriptions for donation of $25 or more)

Parents, Peers, and Pot II. Parents in Action. Traces the subsequent progress of the parent movement and describes a set of varied community-based approaches to the drug problem. 160 pp. 1983.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Prevention Networks-Multicultural Perspectives in Drug Abuse Prevention - Winter 1984-85. Describes networks and support organizations of families, groups, and minorities. 15 pp. 1985.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Saying No to Marijuana: A Teacher's Guide, also Saying No to Tobacco. Teacher's guides designed to be used in conjunction with corresponding nonfiction information books and/or interactive fiction books. (See "Christy's Chance"

under Resources for Secondary School Students.) Teacher's guides provide a structured sequence of activities to accompany information and skills students learn in their reading. Targeted to grades 6-8, these 9-lesson components may be presented separately or together. 1987.

Availability: Network Publications P.O. Box 1830 Santa Cruz, CA 95061-1830 (408) 438-4060 (Teacher's guides, $11.95 each)

Schools Without Drugs. An 80-page guide for overcoming student drug use in schools, developed by U.S. Department of Education. Explains how extensive and dangerous drug use is, how it starts and progresses, and how to identify it. Recommends strategies and describes model programs that have successfully lowered drug use. Lists recommended readings and organizations to contact. 1986. (Also available in Spanish.)

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Tune In to Well-being, Say No to Drugs. A 16-page handbook of suggested drug awareness activities for use with girls and young women at each age level of the Scouting program. Also includes list of additional resources. 1985.

Availability: Program Services Girl Scouts of the United States of America 830 Third Avenue New York, NY 10022 (212) 940-7500 (Single copy, $1; checks and money orders payable to National Equipment Service)

Assessment Materials

Handbook for Evaluating Drug and Alcohol Prevention Programs. Staff/ Team Evaluation of Prevention Programs (STEPP). Provides program managers with a comprehensive yet easy-to-use tool to help their evaluation efforts. Emphasizes program staff members working together as a team. Provides instruments and activities for determining program effectiveness, as well as documenting and monitoring the provision of services. 113 pp. 1987.

Availability: National Clearinghouse for Alcohol and Drug information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Prevention Planning Workbooks Vols. I and II (a set). The 56-page Volume I details eight major steps of the systematic prevention process, and the 190-page Volume II describes needs assessment and methods for developing prevention programs. 1981.

Availability: National Clearinghouse for Alcohol and Drug information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

PRIDE Drug Usage Prevalence Questionnaire. by Drs. Thomas J. Gleaton and Ronald Adams. A 2-page questionnaire designed to obtain answers about alcohol and other drug use from students in grades 6-12. Communities and schools can use this tool to become informed of alcohol and other drug usage patterns among their young people.

Availability: PRIDE Robert W. Woodruff Building 100 Edgewood Avenue Atlanta, GA 30303 (800) 241-7946 (Survey fee, 53 cents per student; processing fee, $50 for first data summary readout, $25 for each additional readout)

Secondary School Drug and Alcohol Assessment Guide. Designed to assist administrators, teachers, and parents in assessing school policies and procedures regarding alcohol and other drug use. Assesses mechanisms related to school functions; training for teachers and staff; education for club advisors, students, and parents; treatment and intervention; research; and community involvement. 1987.

Availability: David S. Anderson, PhD Campus Alcohol Consultations P.O. Box 65557 Washington, DC 20035 (703) 237-3840 (Single copy, $7.50; 10-49 copies, $6 each; 50+ copies, $5 each)

General Information Materials

Adolescent Peer Pressure: Theory, Correlates, and Program Implications for Drug Abuse Prevention. The primary purpose of this 132-page book is to present ways in which peer pressure can be perceived and directed in a positive way. Useful to program planners who are implementing peer programs or would like to begin to explore them. 1986.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Communicating with Youth About Alcohol: Methods, Messages, & Materials. A 30-page booklet intended to provide direction to volunteers and professionals working to reduce teenage alcohol use through education efforts. Together with recent research findings on adolescent alcohol use, attitudes, and knowledge, presents communication strategies that have proved effective and outlines six-step process for planning, developing, promoting, and distributing messages and materials. 1986.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Drug Traffic and Abuse in Schools. Resource paper for educators and youth group leaders that provides an overview of the drug problem in today's schools. Also included are intervention strategies and a list of prevention programs. 1987.

Availability: National School Safety Center 16830 Ventura Boulevard Encino, CA 91436 (818) 377-6200

Family Life Skills Training for Drug Abuse Prevention. Provides general information on family life skills with emphasis on prevention and early intervention. 32 pp. 1983.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Fight Drug Abuse with Facts. Membership information and catalog of American Council for Drug Education with ordering information for a variety of titles in the Council's scientific monograph series and drug digest library. Special section for educators. 1987.

Availability: American Council for Drug Education 204 Monroe Street Rockville, MD 20850 (301) 294-0600

How Schools Can Help Combat Student Drug and Alcohol Abuse. A 224-page book for educators. Research-based and action- oriented, this book focuses on why young people take drugs, on mechanisms for prevention, and on identifying and attacking the problem. Accompanying video designed for in-service or pre-service training. 1987.

Availability: National Education Association 1201 16th Street, NW Washington, DC 20036 (202) 822-7015 (Book, $10.95; VHS and 3/4" videos, $125 purchase or $35 rental)

National Trends in Drug Use and Related Factors Among American High School Students and Young Adults, 1975-1986. Tenth report in an annual series reporting the drug use and related attitudes of America's high school seniors. 265 pp. 1987.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Our Troubled Teens. Margie Moeller, editor. A 55-page booklet for parents, educators, and group leaders of junior and senior high school students outlining prevention strategies for alcohol and other drug use, pregnancy, dropping out of school, and suicide. Publication may be adapted for the classroom by use of chapter summaries, suggested discussion questions, and recommended activities for students. Booklet also contains order card for free loan of Public Broadcasting System documentary "Generation at Risk." 1987.

Availability: Public Television Outreach Alliance WQED 4802 Fifth Avenue Pittsburgh, PA 15213 (412) 622-1300

Prevention of Alcohol Problems: Update. Focuses on problem areas and populations, education and training, and evaluations of primary prevention programs. 14 pp. 1985.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Prevention Forum. Quarterly newsletter of the Prevention Resource Center features news of the prevention field nationwide, together with resources for conducting prevention programs. 1980-ongoing.

Availability: Prevention Resource Center 901 South Second Springfield, IL 62704 (217) 525-3456

PRIDE Newsletter. Quarterly 12-page newsletter of the Parents' Resource Institute for Drug Education, this publication contains national and international news of activities in the fight against alcohol and other drug use. A special youth section is devoted to concerns of young persons.

Availability: PRIDE Volunteer Service Center 100 Edgewood Avenue, Suite 1002 Atlanta, GA 30303 (404) 651-2548 (800) 241-7946 (1-year subscription, $10)

Research Issues 24: Perspectives on the History of Psychoactive Substance Abuse. This 294-page collection of 34 separate studies summarizes the history of substances in use in various countries since the 16th century. Social, legal, commercial, governmental, medicinal, and recreational aspects of alcohol, tobacco, coffee, marijuana, stimulants, opiates, ether, and cocaine are discussed. 1978.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Research Monograph Series No. 47: Preventing Adolescent Drug Abuse: Intervention Strategies. In these 276 pages are reviews of prevention strategies with some success in the tobacco smoking area. Evaluates their applicability to other drug abuse prevention strategies. 1986.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Treatment Services for Adolescent Substance Abusers. Highlights latest findings on adolescent substance abusers and the programs and treatment networks serving them. Relates new findings in treatment and legal sanctions for this population. 230 pp. 1987.

Availability: National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

What's Wrong with This Picture? Film designed to encourage dialogue between school principals and their community organization representatives. Depicts incidents of drug abuse and drug trafficking, teacher burnout, crime, violence, and suicide. May be used for community group presentation or with PTAs, service clubs, and students. 1986.

Availability: Bonneville Media Communications National School Safety Center 16830 Ventura Boulevard Encino, CA 91436 (818) 377-6200 (VHS video, $150)

Organizations And Programs

ACTION, 806 Connecticut Avenue, NW, Washington, DC 20525, (202) 634-9759. Through its Drug Alliance, the Federal Domestic Volunteer Agency inspires and promotes community-based, volunteer drug use prevention projects for the Nation's at-risk youth and the elderly.

AMERICA'S PRIDE TEAM, 100 Edgewood Avenue, Suite 1216, Atlanta, GA 30303, (800) 241-9746. For junior and senior high schools. Contact PRIDE for program information, including a manual of program goals, detailed scripts of song and dance programs, and materials for education and communication between friends and families.

ALCOHOLICS ANONYMOUS (AA), P.O. Box 459, Grand Central Station, New York, NY 10163, (212) 686-1100. With more than a million

members in 114 countries, AA is the largest self-help group for recovering alcoholics. Alcoholics of all ages are welcome. Local groups are listed in all telephone directories.

AL-ANON FAMILY GROUPS, P.O. Box 862, Midtown Station, New York, NY 10018, (212) 302-7240. Al-Anon Family Groups, which includes Al-Anon for adults and Alateen for youth, are self-help groups for family members and friends of persons with alcohol-related problems. Local groups are listed in all telephone directories.

AMERICAN COUNCIL FOR DRUG EDUCATION, 204 Monroe Street, Rockville, MD 20850, (301) 294-0600. Resource for information on drug use. Develops media campaigns, reviews scientific findings, and publishes books and a newsletter. Offers films and curriculum materials for teens.

BOY SCOUTS OF AMERICA, Drug Abuse Task Force S200, 1325 Walnut Hill Lane, Irving, TX 75038-3096, (214) 580-2000. Launched a major anti-drug program to inform people of the dangers of drug abuse, including a booklet for youth, a teacher's guide, PSAs, and a video.

CHEMICAL PEOPLE PROJECT, WQED-TV, 4802 Fifth Avenue, Pittsburgh, PA 15213, (412) 391-0900. National coalition spawned by the telecast "The Chemical People" and its sequel, "Generation at Risk." The project supplies information in the form of tapes, literature, and seminars. School version of Our Troubled Teens, a booklet funded by Metropolitan Life Foundation, is available free to educators, along with a free loan of VHS cassette of PBS documentary, "Generation at Risk." Address all inquiries to The Public Television Outreach Alliance, c/o WQED.

DAVID M. WINFIELD FOUNDATION, Turn It Around Campaign, 2050 Center Avenue, Ft. Lee, NJ 07024, (201) 461-5535. The Foundation's fight against drug use is designed to move from individual awareness of drug use to community-wide awareness and action.

DRUG ENFORCEMENT ADMINISTRATION, U.S. Department of Justice, 1405 I Street, NW, Washington, DC 20537, (202) 786-4096. Provides information on Federal Narcotics and Dangerous Drug Laws and disseminates DEA public information, including sports drug awareness programs for schools.

ENTERTAINMENT INDUSTRIES COUNCIL, INC., Reston Avenue, Reston, VA 22090, (703) 481-1414. Organized to bring the power, influence, and talent of people in the entertainment industries to bear on the problems of drug and alcohol use, particularly among the nation's youth. Produces audio and audiovisual materials designed to help reduce drug and alcohol abuse, promote seat belt use awareness, and describe drug use as it relates to the problem of AIDS. Publishes quarterly newsletter, maintains celebrity speakers' bureau, and sells "Stop The Madness," an anti-drug use rock video (1/2" for $20 and 3/4" for $25).

FAMILIES IN ACTION, 2296 Henderson Mill Road, Suite 204, Atlanta, GA 30045, (404) 934-6364. Maintains a drug information center with more than 100,000 documents. Publishes a quarterly newsletter that abstracts professional articles and answers questions about drug abuse.

HAZELDEN FOUNDATION, Pleasant Valley Road, Box 176, Center City, MN 55012-0176, (800) 328-9000. Distributes educational materials and self-help literature for individuals in 12-step recovery programs and the professionals who work in the field. Materials include books, pamphlets, audio cassettes, and films for members of Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, Families Anonymous, and other recovery programs.

JUST SAY NO FOUNDATION, 1777 N. California Boulevard, Suite 200, Walnut Creek, CA 94596, (800) 258-2766. In California call (415) 939-6666. Valuable resource for information and a national link for all the "Just Say No" Clubs, which are made up of children, 7-14 years old, who are committed to not using drugs. Offers technical assistance to local clubs and distributes

an adult leader's guide and children's handbook (with educational, recreational, and service activities), poster/study guides, information, T-shirts, and buttons at a nominal cost.

JUVENILE JUSTICE CLEARINGHOUSE, Box 6000, Rockville, MD 20850, (303) 251-5307, (800) 638-8736. The Juvenile Justice Clearinghouse, a part of the National Criminal Justice Reference Service, is a service of the National Institute of Justice. The Clearinghouse is an information service for criminal justice practitioners, researchers, and the general public. It provides reference services, screens and collects publications and audiovisual materials for its collections and disseminates written materials. Primary emphasis is on prevention.

MOTHERS AGAINST DRUNK DRIVING (MADD), 669 Airport Freeway, Hurst, TX 76053, (817) 268-6233. An organization focusing on youth education to combat drinking and driving.

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS, 31582 Coast Highway, Suite B, South Laguna, CA 92677, (714) 499-3889. A national, nonprofit membership organization for children of alcoholics and those in a position to help them. Maintains a clearinghouse of resources.

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION (NCADI), P.O. Box 2345, Rockville, MD 20852, (301) 468-2600. The new Federal clearinghouse for information and services on alcohol and other drugs. NCADI is the largest, most comprehensive resource on alcohol and drug information in the world. Prepares pamphlets, booklets, posters, fact sheets, directories, resource lists, and other useful products. Answers inquiries, offers new prevention ideas, coordinates Regional Alcohol and Drug Awareness Resource (RADAR) Network among State and national organizations' clearinghouses, reviews and compiles lists of audiovisual materials, and maintains negative loan program. Most of NCADI's materials are free to the public.

NATIONAL COUNCIL ON ALCOHOLISM, INC. (NCA), 12 W. 21st Street, New York, NY 10010, (212) 206-6770. The NCA is a national voluntary health agency that provides information about alcoholism and alcohol-related problems through more than 300 local affiliates. Some of the NCA's affiliates provide counseling for alcoholics and their families. In 1986, the NCA launched an educational campaign to prevent children from drinking by promoting the theme "Say No. And Say Yes to Your Life," targeted to young people ages 9 through 14. The campaign uses television, radio, and print media.

NATIONAL CRIME PREVENTION COUNCIL, SUBSTANCE ABUSE PREVENTION PROGRAMS, 733 15th Street, NW, Room 540, Washington, DC 20005, (202) 393-7141. Resource for curricula, brochures, and other consumer literature for young persons in junior high school grades. Newsletter Catalyst highlights new prevention materials as they are developed.

NATIONAL EDUCATION ASSOCIATION (NEA), 1201 16th Street, NW, Washington, DC 20036, (202) 833-4000. Contact: James H. Williams. In cooperation with the National Association of School Nurses, the NEA issued guidelines for school-based programs to create a drug-free school environment through prevention and intervention programs.

NATIONAL PTA DRUG AND ALCOHOL ABUSE PREVENTION PROJECT, 700 North Rush Street, Chicago, IL 60611, (312) 787-0977. Offers kits, brochures, posters, and other publications on drug and alcohol awareness for parents, teachers, and PTA organizations.

PARENTS' RESOURCE INSTITUTE FOR DRUG EDUCATION (PRIDE), 100 Edgewood Avenue, Suite 1002, Atlanta, GA 30303. HOTLINE: (800) 241-9746. National resource and information center. Offers assistance to parent groups, and provides a drug use survey service. Publishes newsletters, handbooks, and brochures. Sells books, films, and videos. Also publishes a catalog of videos, pamphlets, and books that are available free or for a nominal fee.

SMART MOVES, Boys Clubs of America, 771 First Avenue, New York, NY 10017, (212) 351-

5900. National prevention program focused on alcohol use, drug use, and teenage pregnancy, using skills mastery and resistance training techniques. Involves youth in planning and program delivery, including small group leadership.

U.S. DEPARTMENT OF EDUCATION, ALCOHOL AND DRUG ABUSE EDUCATION PROGRAM, 400 Maryland Avenue, SW, Room 4145, MS 6411, Washington, DC 20202, (202) 732-3030. Assistance in developing the capability of local schools to prevent and reduce alcohol and other drug use is provided in three major ways.

- Grant programs for State and local government, institutions of higher education, Indian Youth, Native Hawaiians, and audiovisual materials development;
- Federal activities such as drug- free schools recognition program; network of drug-free colleges; substance abuse curricula guide; research workshops; and The Challenge, a program to encourage and sustain a national network of drug-free schools;
- Regional centers providing training and expertise to achieve drug-free schools, located in New York (contact Dr. Gerald Edwards, 516/589-7022), Atlanta (contact Dr. Thomas Gleaton, 404/651-2548), Chicago (contact Eldon Mason, 312/324-9500), Oklahoma (contact Dr. John Steffens, 405/325-1711), and Oregon (contact Dr. Robert Rath, 503/275-9500).

WORLD YOUTH AGAINST DRUGS (WYAD), 100 Edgewood Avenue, Suite 1216, Atlanta, GA 30303 (800) 241-9746. Founded in 1986, WYAD has membership in 35 countries and an international pen-pal program involving thousands of drug-free young people. An organization run by young people for young people who share the goal of drug-free youth. Quarterly newsletter and notice of local, national, and international meetings.

YOUTH TO YOUTH, 700 Bryden Road, Columbus, OH 43215 (614) 224-4506. Founded in 1981, this organization stresses youth training youth to do prevention programs in their own schools. Annual 5-day intensive prevention training program prepares junior and senior high school students to conduct local programs. Youth to Youth groups are active in over 25 States, with regional conferences, international youth exchanges, and a national speakers bureau of high school students. Free quarterly newsletter.